

The Center for:  
your BODY..  
your HEALTH..  
your LIFE!

Bill Heddles Recreation Center  
Learn-to-Swim  
2010 Summer Lesson Schedule

Registration for all sessions going on NOW!

All Classes are  
40 minutes in length  
Morning sessions  
\$35 per student  
Evening sessions  
\$35 per student

Session 1 June 1 - 11 Monday thru Friday 8:30 - 9:10 AM	Session 2 June 14 - 26 Monday thru Friday 8:30 - 9:10 AM	Session 3 July 5 - 16 Monday thru Friday 8:30 - 9:10 AM	Session 4 July 19 - 30 Monday thru Friday 8:30 - 9:10 AM	Session 5 August 2 - 13 Monday thru Friday 8:30 - 9:10 AM	Evening Classes Session 1 June 7 - July 7 Monday and Wednesday 6:00 - 6:40 PM
Level 1 101 A0 Level 2 102 A0 Level 3 103 A0 Level 4 104 A0 Level 5 105 A0 Level 6 106 A0	Level 1 101 D0 Level 2 102 D0 Level 3 103 D0 Level 4 104 D0 Level 5 105 D0 Level 6 106 D0	Level 1 101 H0 Level 2 102 G0 Level 3 103 G0 Level 4 104 G0 Level 5 105 G0 Level 6 106 G0	Level 1 101 M0 Level 2 102 K0 Level 3 103 K0 Level 4 104 K0 Level 5 105 K0 Level 6 106 K0	Level 1 101 R0 Level 2 102 R0 Level 3 103 N0 Level 4 104 N0 Level 5 105 N0 Level 6 106 N0	Level 1 101 V0 Level 2 102 R0 Level 3 103 R0 Level 4 104 R0 Level 5 105 R0 REIGSTER BY 5/30/10
9:25 - 10:05 AM	9:25 - 10:05 AM	9:25 - 10:05 AM	9:25 - 10:05 AM	9:25 - 10:05 AM	Session 2 July 12 - August 11 Monday and Wednesday 6:00 - 6:40 PM
Parent/Tot: 99-A0 Level 1 101 B0 Level 2 102 B0 Level 3 103 B0 Level 4 104 B0 Level 5 105 B0 Level 6 106 B0	Parent/Tot: 99-C0 Level 1 101 E0 Level 2 102 E0 Level 3 103 E0 Level 4 104 E0 Level 5 105 E0 Level 6 106 E0	Parent/Tot: 99-E0 Level 1 101 J0 Level 2 102 H0 Level 3 103 H0 Level 4 104 H0 Level 5 105 H0 Level 6 106 H0	Parent/Child: 99-G0 Level 1 101 N0 Level 2 102 L0 Level 3 103 L0 Level 4 104 L0 Level 5 105 L0 Level 6 106 L0	Parent/Tot: 99-J0 Level 1 101 S0 Level 2 102 P0 Level 3 103 P0 Level 4 104 P0 Level 5 105 P0 Level 6 106 P0	Level 1 101 W0 Level 2 102 S0 Level 3 103 S0 Level 4 104 S0 Level 5 105 S0 REIGSTER BY 7/5/10
10:20 - 11:00 AM	10:20 - 11:00 AM	10:20 - 11:00 AM	10:20 - 11:00 AM	10:20 - 11:00 AM	REMEMBER! Beginning Levels fill up quickly... DON'T WAIT! Register Early for any level, any session TODAY!
Parent/Tot: 99-B0 Level 1 101 C0 Level 2 102 C0 Level 3 103 C0 Level 4 104 C0 Level 5 105 C0 Level 6 106 C0	Parent/Tot: 99-D0 Level 1 101 F0 Level 2 102 F0 Level 3 103 F0 Level 4 104 F0 Level 5 105 F0 Level 6 106 F0	Parent/Tot: 99-F0 Level 1 101 K0 Level 2 102 J0 Level 3 103 J0 Level 4 104 J0 Level 5 105 J0 Level 6 106 J0	Parent/Child: 99-H0 Level 1 101 P0 Level 2 102 M0 Level 3 103 M0 Level 4 104 M0 Level 5 105 M0 Level 6 106 M0	Parent/Tot: 99-K0 Level 1 101 T0 Level 2 102 Q0 Level 3 103 Q0 Level 4 104 Q0 Level 5 105 Q0 Level 6 106 Q0	
11:15 - 11:55 AM	11:15 - 11:55 AM	11:15 - 11:55 AM	11:15 - 11:55 AM	11:15 - 11:55 AM	
Olathe	Level 6 101 G0 Level 6 Dive 107 A0	Level 6 101 L0 Level 6 Dive 107 B0	Level 6 101 Q0 Level 6 Dive 107 C0	Level 6 101 U0 Level 6 Dive 107 D0	
REGISTER BY 5/24/10	REIGSTER BY 6/7/10	REIGSTER BY 6/28/10	REIGSTER BY 7/12/10	REIGSTER BY 7/26/10	

Have questions? Need information? Contact Aquatics Management at 874-0923.

PLEASE SEE LEVEL DESCRIPTIONS BELOW

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Learn-to-Swim  
Level Descriptions



Our Learn-to-Swim program teaches aquatic and safety skills in a logical progression. The new Learn-to-Swim program is comprised of Levels 1-6, and teaches skills in all the following areas: **Water Entry and Exit; Breath Control and Underwater Swimming; Buoyancy; Changing Direction and Position; Treading Water, Swimming on Front, Back and Side; General and Personal Water Safety; and Helping Others.**

Parent / Tot Level:

This course is designed for children that are too young or not quite ready for water exploration without a parent. Teachers incorporate games and skills to make learning fun. Skills include: Blowing buttons, splashing, water to face contact and arm and let motions.

Level 1

Introduction to water skills. Your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of level 1 including: Traveling at least 5 yards, bobbing 3 times and then safely exiting the water, gliding on front supported at least 2 body lengths, rolling to a back float for 3 seconds with support and recovering to a vertical position with support.

Level 2

Builds on skills completed in level 1. Children will learn to do floats and underwater exploration on their own without the support of the pool walls or teacher. Child should be comfortable with putting his/her face in the water, blowing bubbles, retrieving a toy from under waist deep water and being held in a back or front float position. Some of the milestones that are necessary to successfully complete level 2 include: Moving from a front float for 5 seconds, rolling to back, floating for 5 second then recovering to a vertical position. Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back and floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

Level 3

Where actual strokes are introduced to your child. Children entering level 3 should be comfortable floating on and switching from their front and back, standing up from both front and back floats, swimming 15 feet using their arms and legs, and gliding at least two body lengths under water. Some of the milestones in level 3 include: Jumping into deep water from the side, swimming the front crawl for 15 yards, maintaining position by treading or floating for 30 seconds and swimming the elementary backstroke for 15 yards.

Level 4

Children will improve upon the strokes learned in level 3 and are introduced to the more advanced strokes such as breast stroke and back crawl and will begin to build endurance. Children should be comfortable with swimming at least 15 feet using elementary back stroke and front crawl and have some concept breathing face in then... Level 4 includes: Swimming the front crawl for 25 yards, swimming the elementary backstroke for 25 yards, swimming the breaststroke for 15 yards, swimming the back crawl for 15 yards and open turns on the front and back.

Level 5

Your child will refine the strokes learned in Levels 3 and 4, further build endurance and get basic dives under his/her belt. Children entering this level should be able to swim 25 yards (one length) using the front crawl and elementary backstroke, wim 15 yards using breaststroke and back crawl as well as be comfortable in deep water. Some milestones in level 5 include: Performing a shallow-angle dive into deep water, swimming the front crawl for 50 yards, swimming the elementary backstroke for 50 yards, swimming the breaststroke for 25 yards and swimming the back crawl for 25 yards.

Level 6

Swimming for fitness. The expectations are quite high in regards to distance and quality. In level 6 your child learns principles of training and how to evaluate your own level of fitness. Some of the milestones in level 6 include: Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke. Demonstrating turns while swimming, demonstrating etiquette in fitness swimming, demonstrating various training techniques and demonstrating the principles of setting up a fitness program.

Level 6 - Diving

Diving is for advanced swimmers who have completed level 5, it is not necessary to take level 6 before entering this course as many of the skills are taught in these courses though the focus is geared toward diving. Children must be able to do basic dives off the side of the pool and dive from the board with little hesitation. Some of the milestones in level 6, fundamentals of diving, include: Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke. Performing a two-part take off with a feet entry from a 1 meter diving board, performing a two-part take off with a head first entry from a 1 meter diving board, and pike and tuck dives.

